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Are you craving for Cigarettes.

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Lights, Camera, Action:
Student Photography
Exhibition

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WRITE TO US

Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.



Jason Miller
Editor-in-Chief
2008/2009

Welcome back and Happy New Year! I hope everyone had a fulfilling holiday break. Mine, since I assume you all are wondering was very entertaining. I traveled around Canada (well Southern Ontario anyway), visited friends, received socks for Christmas, and frequently visited fast food restaurants. Now I am away from the easy living of having meals prepared, no work, and sleeping in even later than University (if that were possible).

Anyway, my poor decision's over the holiday break brings me to one of the main points in my editorial. HEALTH! W

hat better time to start concerning ourselves with how we: eat, sleep, and exercise. The New Year is here and an excuse to change has arrived. Obesity, high blood pressure, high cholesterol, and inactivity: they're not just your father's problems anymore. A study showed that University and College students (18-24) are very unhealthy and are on the path toward chronic health diseases. In the statistics one-third of students are overweight or obese, 8 percent of men had metabolic syndrome, 60 percent of men had high blood pressure, and more than two-thirds of women are not meeting their nutritional needs for iron, calcium or folate.

All you need to do is analyze your daily activities, food consumption, and drinking to realize that we are not as

healthy as we think we are, and these bad habits will just carry on towards adulthood. We think that we are at the peak of our health but are we really? Men and Women participate in less than 30 minutes of physical activity a day. However some good news about University and College students is that we are susceptible to change. We are now making independent choices about our nutrition and late adolescence is a great time to impart good health behaviors. Secondly, one trait that us students need to work on is manners. This may seem really weird but it is true. This is a common bad habit for a lot of students from eating to saying please and thank you. Simple gestures and words can greatly affect a situation. I was at a bar recently and asked, "may I

please have a Canadian". The bartender so shocked paid for my drink and said that she never hears that. It is not hard to have good manners; they are simple gestures that show respect to others. Lastly everyone seems to be very capable of passing judgment, but very seldom giving compliments. This might just be a "welcome to the real world" preview, but just like manners compliments are easy to perform, and have a great affect on others. So why not respect yourself and others? Start a healthier lifestyle, go to the new athletic facility Laurentian just opened, show respect and just see the results.

Until Next Time
Jason Miller

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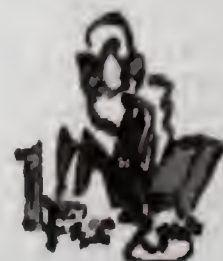


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The Time Is Now.....No Regrets!



Joe Zamojski
Assistant Editor
2008/09

Welcome back to Laurentian University for the start of a new semester. I hope everyone had a great break and were able to accomplish what they wanted to get out of it. For me, the break allowed some time to reflect on my priorities and help motivate myself to improve at university. For instance, it can be hard to put your best effort into university when there are so many distractions. It is easier to finish the work fast and be satisfied with obtain-

ing a grade of seventy percent instead of working a little harder to get eighty percent. As most marks are now available to be seen online, I thought several times that all of my marks could have improved if I just put in that extra hour for that one test or assignment.

Well, my university education is now down hill from here as I just passed the half way point of my five year program. I have now completed two and a half years at Laurentian and I still have two and a half to go. Knowing how fast these two and a half years can go by I found me pondering once again what I want to do when

I graduate. One thing I know is I do not want my possibilities to be shortened by my lack of effort at university. These are quite possibly the most important years of our lives in determining our future income, lifestyle and career. In my case, if I do not maintain a seventy-five percent average I do not complete the final year of my program. For the beginning of my university education I found myself aiming for that seventy-five instead of simply trying my hardest.

The start of a new year can mean a lot to most people. It can be seen as an excuse to change for the better or start something new. My New

Year's resolution once again is not to procrastinate and to put my best effort into everything that I do. I say once again since this has been a problem of mine that I would have liked to overcome for years but never fully have. How many times have you tried to do something and failed to reach your goal. Well, maybe it was not a failure. Maybe it was just simply a step back. Whatever your New Year's resolution is, or the goals you have set for yourself this year, do not be afraid in failing. Either way deep down in side it seems we learn from what we do whether good or bad. Just try your best is said so many

times that it is often not even comprehended and absorbed when heard. It is logically so simple but yet physically and mentally so hard to put your best effort into your work and take pride in what you do. "It is not who you are inside but what you do that defines you."

Having no regrets is something I would love to look forward to when I finish my education here at Laurentian. So this year, the difference for me now compared to the past is that I believe I am finally ready and mature enough to realize the repercussions of just cruising through life. Do not have any regrets.

Smoking... Your Health, And How to Cut the Craving

Joe Zamojski
Assistant Editor

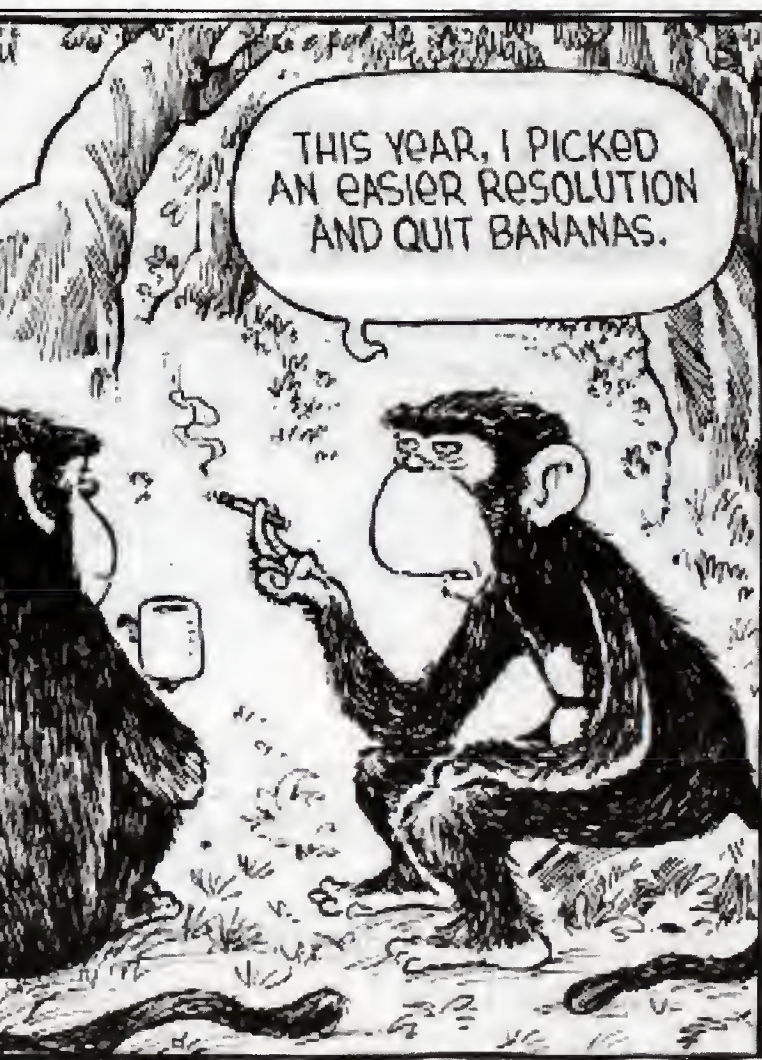
Smoking tobacco has been around for years and years. However, as we know today it has been proven to be very bad for your health and those around you. Tobacco smoke in cigarettes contains over four thousand different chemicals that are very harmful for our bodies, according to the lung association. As well, there is a drug known as nicotine present in tobacco, which for the most part contributes to the addictiveness of cigarettes in general. There are many reasons for people to quit smoking, and with all of the opportunities present, why not give it a try.

Tobacco is a highly addictive substance, known to cause many health problems. This substance is what is used in cigarettes, which are being used by many people around the world today. Cigarettes contain substances such as, carbon monoxide (found in exhaust), arsenic (a type of rat poisoning), ammonia (found in cleaner), acetone (found in nail polish remover), lead, and many other harmful substances. According to The Lung Association these chemicals are known as causes of cancer. Smoking is associated with many of the leading causes of death in human beings today. Not only does

smoking cause cancer but also many other respiratory diseases and problems. Also, according to The Heart and Stroke Foundation, smoking is a cause of heart disease and strokes. Smoking can cause the build up of plaque in the arteries and increases the risk of blood clots, which reduce the oxygen supply to the blood stream. Not only does smoking hurt the ones who do it, but it also is very harmful to those around them. Second hand smoke is known to be just as bad for your health or worse as actually smoking a cigarette. According to The Lung Association second hand smoke is the number two cause of lung cancer. Being around a smoker is known also to increase the risk of heart disease as well. Statistics estimate that second hand smoke kills at least 1100 Canadians every year. These statistics from The Lung Association are fairly high considering these people are not choosing to perform the bad habit. However, these individuals are suffering and dying from cigarette smoke. Think what people are doing to themselves, their health, and the health of those around them on their own free will, by smoking cigarettes. There is a choice to be made, and we all know what choice is correct.

There are many opportunities to quit smoking. Quitting is known to be a New Years resolution for

many people. Now that the New Year has begun, if you are a smoker why not think about trying to minimize your health risks and help our community become a smoke free environment. Individuals can quit "cold turkey", or even gradually reduce the amount of cigarettes they smoke per day. There are other ways known as the patch, a specific type of gum, laser therapy, hypnosis, and many other treatment types. The patch is known as "the nicotine patch"; according to Health Canada it is available without a prescription. It delivers a small amount of nicotine through the skin to help take the edge off when quitting. Nicotine gum, is seen to have the same concept as the patch, however instead of continuously delivering the body small amounts of nicotine, a person can chew the gum at peak times to help reduce the craving. Laser therapy uses a pinpoint laser on the skin to stimulate certain point in the body, which is believed to be related to addiction. It is known to eliminate the physical addiction, but not neces-



sarily the mental addiction. Hypnosis is a deep relaxation therapy technique that some people believe will allow you to attain the willpower to quit. Some people believe this technique is a very effective way of quitting, while others believe that it does not work at all. There are many other treatment types for quitting smoking, and one type of treatment that works for most people may not work for you. Keep trying different things, and eventually something will help you cut the craving.

Smoking is a dirty habit, which once you start it is very difficult to stop. Through study and research it has been proven to take a major toll on the overall health of the human body. There are many opportunities for people to quit smoking now. All these available trials and opportunities need is the cooperation of the smoking population. If you are a smoker, think clearly and do what is best for your health and the others around you. Help our community become a smoke free environment.

To Curve Bad Habits: New Year's Resolutions

Anja-Rysial Laffrenier
Lambda Writer

The New Year has begun and students everywhere are frantic that school has also begun. We have barely had a vacation, and we come back to campus in order to become slaves of education and knowledge. Throughout our enslavement, we make resolutions for the New Year, perhaps resolutions that we will not even keep. A student tends to overlook their resolutions after the first week into the New Year.

The top resolutions for students include:

- Clean up a bit more
- Stay more organized with school
- Eat Healthier
- Save money (gas, groceries, etc).
- Exercise
- Study
- Less bar binges

These types of resolutions are difficult for those students who find themselves overworked with school. Students go to McDonald's and pick up a readymade burger, or throw a t.v. dinner into the microwave. These types of readymade food are very expensive, yet time-efficient. Healthy eating tends to take more time, time that students do not have. In order to keep up with any of these resolutions, we need organization.

In a CBC Radio interview concerning bad habits and New Year's Resolutions,

Guelph University professor of psychology Ian Newby-Clark, introduced several aspects about bad habits and how to break them. Ian tells us that the reason we tend to break New Year's resolutions is because we have bad habits that are difficult to break. The top three habits that people want to break include: eating the wrong kind of foods, not exercising and not following budget. To fix bad habits, we need to substitute them for good habits. This can be difficult because bad habits are something that gives us short term pleasure.

When someone decides to curve a habit, they must focus on one at a time. Of course one must set a goal and realize that there will be some setbacks. Habits are relatively effortless. For example, eating junk food, we not only dish out money but we also gain calories. However, there is an upside; we get the taste we are craving, quick and easy. Habits such as eating a certain type of meal everyday may be difficult to change. First, to break bad habits we need someone to be supportive of us. Second, people divert from their resolutions by setting unreasonable expectations, so make realistic goals. Third, make mini plans such as if you want to go to the gym, say "when I see my gym bag at the door, I will go to the gym". Finally, repeat the good behaviour, and it will become something you don't have to think about.

Check out Ian's take on his own habits at: <http://my-bad-habits.blogspot.com>

York student caught with fake degree

Law student one of hundreds in Canada with fraudulent post-secondary credentials

Andrew Fletcher
Excalibur (York University)

A student at Toronto's York University is under investigation for allegedly committing an act of degree-fraud.

Third-year student Quami Frederick is under review for academic dishonesty after she submitted a degree she allegedly never earned for admission to Toronto's Osgoode Law School.

The Toronto Star reported on Dec. 13 that Frederick spent \$1,109 on a St. George's University BA in business administration from a U.S.-based diploma mill in 2004.

The diploma-mill has since been shut down.

While Frederick denies the allegations, St. George's University, located in Grenada, confirmed she did not attend the school.

"I am not allowed to comment on any media that is related to students," said Alex Bilyk, director of media relations at York University. "When it comes to academic dishonesty, there are processes that are in place in order to follow with actions."

"According to Quami, she has been summoned to a hearing by the associate dean of Osgoode and that they are intent on expelling her,"

said Dale Brazao, the Toronto Star reporter who broke the story about the hundreds of Canadians touting fake degrees.

York University encourages employers to verify that a student's degree status is authentic by contacting the registrar's office.

Yet, Frederick's degree was able to slip through the cracks and outsmart the system. This is the second degree-scam to be uncovered in the past week.

Former York graduate Peng Sun has been selling degrees for years. In 2007, York regional police uncovered a counterfeit ring that created phony degrees and other documents.

One of the largest programs put in place to aid in the discovery of bogus documents is the Counterfeit Analysis Program, run by the Royal Canadian Mounted Police.

"This program incorporates documents that are believed to be counterfeit and can be sent to be analyzed where they do comparison with authentic documents to prove whether they are authentic or not," said Sgt. Marc LaPorte, a spokesperson for the Ontario division of the RCMP.

LaPorte says the program will not be used in the case of Frederick. The RCMP will only step in if they are asked to by local authorities.

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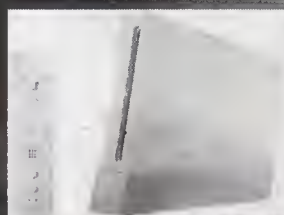
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“Life’s Not Fair! Get Used To It!”

Robert Kirwan

Host of The Learning Clinic
on CKLU

For the past year I have been hosting a special radio show on CKLU 96.7 FM every Monday night from 6 to 8 p.m. It is now being streamed live over the internet at www.cklu.ca. During the show I meet with special guests from the community and we discuss their particular careers as well as the real-life decisions and choices they had to make during their life to arrive at their destination.

It has become clear to me that what we are doing on the radio show is helping our listeners become familiar with some of the “rules of life” that they will be facing as they continue along their own journey. In particular, we are helping illuminate the future for young students who may be listening.

While I would hardly put myself on the same level as someone as famous as Bill Gates, I was most impressed with an article I read about a speech he once gave to a high school in the United States. During his presentation Bill Gates provided the audience with ten rules about life that they had not and would not learn in school. He talked about how feel-good, politically correct teachings have created a generation of kids with no concept of

reality and how this concept has set them up for failure in the real world.

Bill Gates wasn’t trying to destroy the confidence and self-esteem of these young students. He was just trying to warn them about some of the realities of life that they would soon run into once they entered the real world. I am sure you will agree it is a warning that all university students should be aware of in order that they may develop the necessary skills to avoid failure when they venture out on their own.

Let me share the rules of life according to Bill Gates. I happen to agree with what he says.

Rule 1: Life is not fair – get used to it!

Rule 2: The world won’t care about your self-esteem. The world will expect you to accomplish something before you feel good about yourself.

Rule 3: You will NOT make \$60,000 a year right out of high school or university. You won’t be a vice-president with a car phone until you earn both.

Rule 4: If you think your teacher is tough, wait till you get a boss.

Rule 5: Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping: they called it opportunity.

Rule 6: If you mess up, it’s not your parents’ fault, so don’t

Advice from Bill Gates

whine about your mistakes, learn from them.

Rule 7: Your school may have done away with winners and losers, but life HAS NOT. In some schools, they have abolished failing grades and they’ll give you as MANY TIMES as you want to get the right answer. This doesn’t bear the slightest resemblance to ANYTHING in real life.

Rule 8: Life is not divided into semesters. You don’t get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.

Rule 9: Television is NOT real life. In real life, people actually have to leave the coffee shop and go to jobs.

Rule 10: Be nice to nerds. Chances are you’ll end up working for one.

If you have a chance to tune in to my show on Monday evening you will hear a lot of very talented and successful people sharing some of their own rules of life and providing you with some true insight into the world of work in a wide variety of careers. Take a few moments as well to visit my career planning web site: www.careerplanner.ca for more information that you may find useful. It’s your life. Be prepared and be ready to play by the rules.

Have a good week!

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Athabasca University

Beware of identity fraud, urges study

Sam Colbert

The Silhouette (McMaster)

Last year, 1.7 million Canadians – about 6.5 per cent of Canada’s total population – were victims of identity fraud, according to a recent survey conducted by the McMaster eBusiness Research Centre at the DeGroote School of Business in Hamilton, Ont.

The survey, which polled close to 3,000 Canadians, showed that total losses mounted to about \$150 million.

More than half of these Canadians did not even know how their information could have come into the possession of fraudsters.

About 20 million hours were spent resolving the cases.

Identity fraud can take a number of forms. A common method is debit card skimming, where debit machines are rigged to obtain the card’s information for criminal use.

Impersonation is another, where criminals apply for new bank accounts, lines of credit, mortgages, and government benefits under someone else’s name.

A majority of the participants in the study suffered unauthorized purchases with their credit cards. “To solve the problem, it’s going to take more than just consumers,” said Susan Sproule, a lead researcher with the McMaster eBusiness Research Centre.

“Corporations are going to have to change the way they do things, and governments are going to have to make new laws,” she added.

Often, people are not even aware their identities have been compromised until long after the crime has taken place – when they try to apply for lines of credit or mortgages and are turned down because of delinquent loan payments for purchases they never made.

Victims may catch the problem earlier if they request personal credit reports from their banks, but about half of the participants in the survey never had.

Historically, a quarter of identity fraud cases were committed by someone known to the victim, says the study. But because criminal methods have become more advanced, that number has decreased to seven percent.

Also, only 13 per cent of identity

theft cases are reported to police.

“We actually found that people are doing a lot of good things,” said Sproule, commenting on the prevention of identity theft. “About half of the people we surveyed had stopped carrying certain pieces of ID with them.”

It is not just a credit card or debit card that brings risk to the owner when lost, but any piece of identification containing personal information, such as a health card.

“Leave those things securely at home,” advised Sproule.

As well, 79 per cent of those polled in reported shredding their important financial documents. Many consumers are becoming increasingly wary of online shopping. About one in five told pollsters they have reduced their online shopping.

Online purchases in Canada amounted to \$12.8 billion last year – a 61 per cent increase from 2005.

The study showed, though, that the members of the survey’s sample who blamed an in-person transaction for causing identity fraud against them was nearly double that of who blamed online businesses.



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Irony to Plummet in 2009?

David Beers
The University of
Michigan Press

In the days and weeks following Sept. 11, 2001, the scolds declared irony to be dead. It wasn't. In fact, we were then entering what today can be seen to be a Golden Era of Irony. It may have peaked in May of 2006 when Stephen Colbert, in character, speaking about the president who sat to his left at the White House Correspondents' Dinner, declared:

"I stand by this man because he stands for things. Not only for things, he stands on things. Things like aircraft carriers, and rubble and recently flooded city squares. And that sends a strong message that, no matter what happens to America, she will always rebound with the most powerfully staged photo-ops in the world."

So rather than expire, irony thrived. And thankfully so, given the need to puncture and destabilize the idiotic jingoism of the George Bush era.

Which makes it legitimate to ask: will Barack Obama be bad for irony? Will Stewart and Colbert and other satirists on the left self-censor in their desire to see Obama succeed? Well, wouldn't that be ironic? Even doubly ironic?

'A joke and a menace'

Because let us recall in September of 2001, when the call went forth to chasten the ironic impulse in American life, it seemed, well, rather ironic.

The nation had been attacked by apocalyptic fundamentalists. But the media were blaming the likes of Jerry Seinfeld and Bart Simpson.

Time magazine essayist Roger Rosenblatt was very upset with what were considered the shallow and flippant popular culture wisecracks of the day. They had placed America in harm's way. "The ironists, in seeing through everything," he wrote, "made it difficult for anyone to see anything" including "the difference between a joke and a menace."

The time had come for irony to be put away like a child's toy, implied Vanity Fair editor Graydon Carter. "There's going to be a seismic change. I think it's the end of the age of irony." Six years on, such pious prescriptions had proven "disastrous" in the view of R. Jay Magill Jr., author of *Chic Ironic Bitterness*, a historical and philosophical examination of ironic discourse published in 2007.

As Magill explains, it is textbook ironic when ambitious doings yield results opposite to

their intent.

Irony, then, would be a war on terror that produces more terrorists.

Irony would be any time U.S. officials deprive people of rights and liberties in order to prove America is a bulwark of democracy.

A critical appreciation of irony, an engaged rather than detached irony, is just what we needed on Sept. 12, 2001, in order to keep a healthy sense of perspective.

Indeed, if after 9-11 our leaders had cultivated a more ironic view of the world, we'd probably be in a better place today.

"[T]he complaints that fuelled the attack on irony -- that society had become too selfish, civically unconcerned, hypocritical, self absorbed, that we had lost our sense of proportion and self-restraint and humility -- are legitimate and important ones," Magill writes. "Irony can be a very useful critical tool for pointing out such flaws."

Satire as weapon

To believe so is to separate the thoughtful ironist from the sarcastic slacker, a bright and vital line drawn by Magill. He places the ironic citizen at odds with not only the religious conservative, but also the cynical "realist." The cynic, lacking hope, assumes the world is "brutish" and "has given up entirely on performing a social role." The ironist, by contrast, is invested in the belief that society can be made better. Satire is the goad to reform. To wield it well, the reformer must remain true to self, hyper aware, shielded from phoniness by ironic detachment. As Randolph Bourne wrote in 1913: "The ironist is ironical not because he does not care, but because he cares too much."

It's nothing new, this distrust between people who are ironic and people who are not. Socrates' use of irony in pretending ignorance to reveal the truth offended Aristotle for being untruthful. Magill deftly traces the evolution of intellectual thought about irony, parsing Kierkegaard, Hegel, Nietzsche and many others, and he praises with insight many of the great practitioners of our day, including Colbert and the hyper-self-reflexive author Dave Eggers. Oddly absent, though, is any mention of Generation X Godfather Douglas Coupland, or the enigmatic ironist Eminem. Very little is said about how Blacks, Aborigines and others on the margins of North American society have refined ironic humour as a means for both coping with injustice and skewering the oppressor.

As Magill (an American) does chronicle, two strands of sensi-



bility -- seekers of godly certitude and tweekers of satiric jest -- have been woven into America's intellectual DNA from the beginning. The great colonial fire and brimstone preacher Jonathan Edwards begat a grandson, the gifted political satirist, Timothy Dwight, member of the Connecticut Wits. Two centuries before *The Onion*, Philip Freneau was skewering federalists with his own hilarious fake newspaper. From Washington Irving to Mark Twain to Jon Stewart, the line is long and unbroken, and Magill feels emboldened to declare that "Satire is again serious business. The serious have been subdued."

Liberator or safe refuge?

But is there really cause for such triumphalism? Beyond its ability to puncture artifice, what can irony build? Magill speaks of the "liberating" power of irony and pronounces that "ironists see the present age as something not measuring up to their ideas of what social life and culture could be -- that is, they are most often progressive."

If Magill is right, the U.S. isn't likely to go irony free any time soon. Odds are slim that

Obama, playing with the hand he's been dealt, will measure up to progressive smart alecks' "ideas of what social life and culture could be." And if he does, losing the *Daily Show* will be a small price to pay. Meanwhile, here in Canada, well,

there's plenty of raw irony still to be mined, even if Stephen Harper had never clutched that terrified kitty. Stewart recently has had his own hilarious swipe at our parliamentary follies, and Mercer clearly is having way too much fun the bleaker things look.

Still, let's not confuse the ironic barb with all the sleeves-rolled-up good faith and communal action that crisis times likely are about to ask of us. As the brilliant social critic Christopher Lasch noted three decades ago, the ironic stance is more defensive than proactive. It's the natural crouch of a person bombarded with lies in an over-commercialized public realm.

In volatile days like these, whenever a tycoon or politician is lampooned, it can be tempting to see the march of Magill's ideal ironists, their imaginations revved for social change. It is easy to confuse merely putting down the powerful with actually taking up a cause.

But we're no better off if irony, after so many YouTube downloads, has merely become a personal style of coping.

What does it mean if everyone is in on the joke, but the joke is still on us?

Thank someone who helped you succeed

Remember that high school math teacher who finally made algebra interesting or the science teacher who helped you realize that chemistry was actually pretty cool?

Maybe you know a support staff member who encouraged you to try harder and go further, because he believed in you. Or there was a principal who went out of her way to bring students, teachers and parents together to create a supportive learning community for everyone.

After 13 years of school, most college/university students can look back and identify someone who stood out in their education, someone who helped get them to where they are today.

The Premier's Awards for Teaching Excellence celebrate those educators -- the ones who go above and beyond to help every student succeed.

Since the awards began in 2006, thousands of educators have been nominated for the amazing work they do every day. And over 30 educators have been celebrated for their outstanding contributions to students, schools and communities.

This year, nominate someone who made a difference in your education and your life.

You can nominate any school or school board staff in Ontario's publicly funded education system. There are six different categories: teacher of the year, new teacher of the year, excellent support staff, excellence in leadership, lifetime achievement, and team of the year. To find out more and download a nomination package, visit www.ontario.ca/teachingawards.

Nominations close January 31, 2009. Award recipients will be announced before the end of the school year and will be celebrated at a ceremony during Education Week in May.

AWARD WINNING:

MILLER TIME

Every Tuesday from 4pm to 6pm on

CKLU 96.7 FM

Tune In Online at

www.cklu.ca!



Lights, Camera, Action



Thornloe/Laurentian University Photography
Students presented a Photo Exhibition for Sudburys Underprivileged Youth on December 12th to the 14th at the Rotunda in the J.N. Desmaris Library. This Exhibition showcased many talented photographers work including these three pieces. The event was a great success and students viewed and purchased photos made by their peers.

Top Right: Nicole Shaver, Contemporary Guitar

Top Left: Kyla Corelli, House Exit

Bottom Left: Christina Zufferli, Pond and Rock

Students head to the jungle

Ravi Jaipaul
Intercamp (Grant MacEwan College)

Fourteen students from Edmonton's Grant MacEwan College will be trekking through some of the most remote jungle in the world next May in support of the newest edition of Project Hope. But unlike past years, which focused on construction-based projects, this year's group will be focusing on initiatives intended to help break the cycle of poverty of two indigenous tribes in the Bosawas biosphere of Nicaragua.

One of their first tasks on the list will be re-planting fruit trees in the region, which were decimated in Hurricane Felix in 2007. "The kids aren't getting enough Vitamin C, and so by planting the trees in a community gardening project, we can help replenish their diet," said Caitlin Jackson, team co-leader and second-year participant.

In the village's community centre, the group is planning to install a solar panel, which they hope will save the community money. "It's being powered by gasoline right now, which is becoming hard to maintain with the rising gas prices," said Jackson.

The team will also be testing

their plumbing skills on repairing the potable water system. "The villagers are either carrying water from springs, or drinking out of the Rio Coco [river], which isn't safe," said Craig Worobec, project co-leader. "We will be helping to make water more accessible and safe for the community."

Trying to expand on the brigade tourism industry, which brings medical, dental, and engineering groups to the region, the project will be building cabanas and rest stops along the river, to break up the difficult canoe journey up the Rio Coco.

Change for Children projects coordinator, Lorraine Swift,

who has facilitated the partnership with Project Hope for five years, sees this as an overwhelming positive change for the people.

"Often, these communities are discriminated against by their own governments, so it's both inspiring and empowering to see their commitment to receiving groups like Project Hope from around the world," Swift said.

Swift, who has visited the Bosawas biosphere, stresses the importance of such a project to both the community and team members.

"This year's group gets to go to an isolated jungle area that no one gets to see. This is not a tourist area," she said. "It's extremely rare, and a privilege to see diverse, indigenous people living in their natural way."

The one-month trip, however, will only be after an exhausting eight months of fundraising to reach their goal of \$50,000. Team members will have the precarious job of balancing school, work, and Project Hope. "No matter what comes up in life, the project will take priority. It is pretty much the reason I go to school," said Rishi Jaipaul, team member and education student.

For many team members, the lack of clean, potable water and electricity will be a tough challenge to adapt to. Sometimes, however, it's the simplest of comforts that bring a piece of home to the situation.

"The most important thing I'll probably bring is a picture of my family," admitted team member Christina Kuzyk, with a shy grin.

Laurentian Radio



Sudbury's Only Real Alternative Radio CKLU 96.7FM

schedule

MONDAY	
YBTB	7:30-9:00am
Diary of an Everything Addict	9:00-11:00am
Andy Travis Top 30	11:00am-2:00pm
The Vibe	2:00-4:00pm
Cambrian	4:00-5:00pm
SGA News & Tunes	5:00-6:00pm
Learning Clinic	6:00-8:00pm
Restaurant at the end of the universe	8:00-10:00pm
Non-sequitor radio	10:00pm-2:00am
Tuesday	
The Flow	7:30-9:30am
Focus Sharon	9:30-11:30am
The Empty Spaces	11:30-1:00pm
Barry Champlain	1:00-3:00pm
The Gap Junction	3:00-4:00pm
Miller Time/LAMBDA	4:00-6:00pm
SECKS on the Radio	8:00-10:00pm
The Show Supag & Turtle	10:00-12:00pm
It's The Limit	12:00-2:30pm
Wednesday	
Alternative Reality	7:30-9:00am
The Sports Hour	9:00-10:00am
Monster a Go Go	10:00am-12:00pm
Lunch with the Trinnie	12:00-1:00pm
Liming With the Trinnie	1:00-3:00pm
Night Fright Afternoon	3:00-5:00pm
The Fox Hole	5:00-6:00pm
Beeeps Squeaks & Clicks	6:00-8:00pm
Audible Pornography	8:00-10:00pm
Night Fright	10:00-12:00am
The Truth with Pam and Justin	12:00-2:30am
Thursday	
YBTB	7:30-9:00am
Jazzomania	9:00-10:00am
Cupcake & Tea	10:00-11:00am
Putamayo	11:00-11:30am
Deconstructing Dinnèr	11:30-12:30pm
True North	12:30-2:00pm
The Sound of Sound	2:00-4:00pm
Cosmic Dave	4:00-6:00pm
Hot Bunny Radio	6:00-8:00pm
Shot in the Dark	10:00-12:00am
APAC	12:00-1:00am
Slot Available	1:00-2:30am
Afterhours DC	2:30-7:30am
Friday	
Reg's Recycled Records	7:30-10:00am
Peek at the Past	10:00-11:00am
Sounds for Seniors	11:00-1:00pm
Music of your Lite	1:00-2:00pm
Reg Repeat	2:00-3:00pm
Smooth Beats	3:00-4:00pm
CKLU Selects	6:00-8:00pm
Artistry in Jazz	8:00-10:00pm
This Week in Braille	10:00-2:30am
Markus Schulz & Afterhours DC	2:30-7:30am
Saturday	
The Green Majority	7:30-10:00am
And Now....	10:00-12:00pm
Discorporate Rock Radio	12:00-2:00pm
Famous Flava	2:00-6:00pm
Village of the Darned	6:00-8:00pm
CKLU Selects	8:00-10:00pm
Rhythms of Clublife	10:00-12:00am
Notes from the Underground	12:00-2:30am
Afterhours DC	2:30-7:30am
Sunday	
Slot Available	7:30-9:00am
Oksana	9:00-10:00am
My Pickin' Parlor	10:00-12:00pm
Radio Palonia	12:00-1:30pm
The Jig Is Up	1:30-2:30pm
Vibrations of India	2:30-4:00pm
Kay-Country	4:00-5:00pm
This Way Out	5:00-6:00pm
Reggae-Matic	6:00-8:00pm
La Revanche des singes volants	8:00-10:00pm
Above the Waste	10:00-12:00am
Nadine Late Night	12:00-2:30am
Afterhours DC	2:30-7:30am

Interested in hosting or volunteering?

Visit the station on the 3rd floor of the Student Centre, or check out <http://www.cklu.ca>

You Tube celebrity gets big break

Lindsey Rivait
The Lance (University of Windsor)

More than just a regular everyday normal guy, Montreal comedian Jon Lajoie is setting out to prove his live shows are just as amusing and weird as his online videos. Famous for his music videos, ranging from a gangster rap, "Everyday Normal Guy," to the sweet love ballad, "2 Girls 1 Cup Song," and the hip-hop classic, "Show Me Your Genitals," Lajoie has been recognized by FunnyorDie.com owners Will Ferrell and Adam McKay as one of their personal favourites.

Lajoie's stage show consists of his own version of stand-up, which he says serves to make fun of traditional stand-up. He also plays videos and skits as well as songs – some new and some from his online videos. "I have this course on creating successful online videos, although it's not really a course; it's just me being retarded," Lajoie said. Lajoie, a graduate of Dawson College's drama program, began as an actor in Montreal where he played the part of Thomas Edison the Anglophone bartender on the Quebec soap opera L'Auberge Chien Noir (The Inn of the Black Dog).

"Although I was very happy to have the work, it wasn't, you know, creatively fulfilling," Lajoie said. Lajoie, a self-taught musician, was also the lead singer and songwriter in a band for four years. The experience came in handy after his band broke up, giving him some free time.

"I've always loved Monty Python, and Kids in the Hall, and all those guys. I thought maybe I should try some stuff, so I started writing sketch comedy, but then it was sort of hard to write jokes. I wanted to show people," he said.

That's when he invested in some cheap video equipment and began shooting his videos. "At

first I was terrible, and then after like 10 videos I got the hang of it. And then it sort of got weird," said Lajoie.

His low-budget videos have been viewed millions of times; something that still surprises Lajoie.

"I was on vacation and I came home and checked my You Tube account. One of my videos, I think it was at a 1,000 or 2,000 views, and I was like: 'Holy shit, people are watching my videos.' Really, I did not expect any of this to get where it is today. I still go: 'Really? What the hell is going on?'" he said. Making videos for the Internet provides Lajoie with the kind of creative control he craves and would be hard-pressed to find elsewhere.

"There's no one looking over my shoulder, no one giving me money to make them. Now I'm getting into TV and film and that's a completely different thing. I'll never give up this Internet stuff because I'll think of something, and the next day or two days, my audience sees it without a filter, without anything, and I absolutely love that creative control," he said.

Transitioning from online to stage is a work in progress.

"It's two very different things that are very similar in some ways," said Lajoie, pointing out that both the online content and live performance content reaches his audience unfiltered and uncensored.

He admits the live show is more difficult, though.

"I don't want it to just be me standing there doing my videos live, because then people just go home and go: 'Ah, well, his live show is OK, but his videos are funnier.' I try to shape the show in terms of some bits no one knows, a song that no one knows, then perform live a song they know but in a way that's sort of new or just fun. This isn't something they can see online," he said.

Lajoie has signed a deal with HBO to develop a project that will become The Jon Lajoie Show, which is in its early stages. He is also set to record an album in February. A DVD of

his music videos will accompany the album.

But, Lajoie has hit a few snags along the way.

"When you look at my videos on a big screen or a high-definition television or even a 30-inch screen, they don't look as good as they do on a tiny screen because they're made for the Web as cheaply as possible. As soon as you put them on a big screen, it's like: 'Holy shit, this looks bad.' I'm very critical with that stuff because it's always meant to be on the Web so it would be weird on a big screen. It'd just be like: 'Wow, this guy really does have no money,'" Lajoie said.

Lajoie has been concentrating on making music videos lately, which means there haven't been any of his classic commercials (see: "Rapist Glasses") lately.

"The reason I do songs is really funny; it's because I don't have audio recording equipment for film. Whenever I make a commercial, I either pre-record the audio or the sound is pretty bad. If you check out any of the videos where I'm talking, the sound isn't so good," said Lajoie.

Although he's limited by his equipment and resources right now, he hopes that will change for him soon.

The best part of Lajoie's career happened recently when he was hanging out with the Kids in the Hall.

"I performed a show in Vegas, which was not really my audience. It was old German couples celebrating their anniversaries. But, the Kids in the Hall were there and they came to see me backstage. We ended up hanging out all night. I was having drinks all night with Kids in the Hall. I could have died after that and been happy. I love those dudes," said Lajoie.

Additionally, Lajoie learned that British comedian Ricky Gervais is a fan of his work.

"That also made me want to freak out. I didn't believe it. I was like: 'You better not be lying to me.' But, it was the director of his latest movie that was telling me this," said Lajoie.

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Mustafa
Abdulhusein
Science &
Tech Editor

Tidbits of Science and Technology

Welcome back Laurentian! Hopefully your holiday was relaxing and safe, spent with family and friends. Undoubtedly it wasn't long enough! The world of Science and Tech has been buzzing over the holidays and there are volumes of information I'd like to tell you about.

OBAMA NAMES CHU AS ENERGY SECRETARY

Perhaps the most important and pertinent news item in the world of S & T is the appointment of Dr. Steven Chu by President-Elect Barack Obama as the energy secretary. Dr. Chu has impeccable credentials, including sharing the Nobel Prize for physics in 1997. The work that led to this prestigious award included pointing six laser beams to create an "optical molasses" which acted as a trap for supercooled atoms. Born in 1948, Dr. Chu worked as the chair of the Lawrence Berkeley National Laboratory, and was accountable for 4,000 employees and a budget of \$650 million. Dr. Chu brings diversity to the cabinet position, but more important are his views on energy and green house gas emissions – views that in stark contrast to those of previous energy secretaries. Undoubtedly, Dr. Chu will be at the forefront of President-Elect Obama's platform promise of reducing greenhouse gases and depend-

ence on foreign oil while at the same time increasing the output from alternative energy sources. Further appointments of note include Dr. John Holdren as the Assistant to the President for Science and Technology and Director of the White House Office of Science and Technology. Dr. Harold Varmus and Dr. Eric Lander will serve with Dr. Holdren as Co-chairs of the President's Council of Advisors on Science and Technology. Finally, Dr. Jane Lubchenco has accepted the nomination as the Administrator of the National Oceanic and Atmospheric Administration. All these reknown scientists has different fields of expertise – but one common theme present is an interest in green house gas emissions and global warming.

DECEIT PART OF EVOLUTION

According to a recent study and a follow-up article in the New York Times, deceitful behaviour and the telling of lies may be part of our evolution! Dr. Bella DePaulo at the University of California and her colleagues tested 77 university students and 70 people from the outside community. They asked them to keep a diary of the number of times they had lied in a week. The students told an average of two lies a day, while the community members told an average of a lie a day. Mostly, they were harmless white lies or 'fibs'. But don't fret – this type of behaviour is present in primates as well. A well document-

ed case is of a young baboon running away from an angry mother intent on punishment, when all of a sudden, the young baboon will stop suddenly and focus all its attention on the horizon! This conveniently activates instincts of the rest of the baboon group to be wary of any oncoming danger. It also allows the young baboon to escape. The baboon's aren't alone in their deception however. It seems that the larger the neocortex of an animal, the greater the chances that it will pull a deception like this. Some cases also show of primates acting on naive humans. A smiling chimpanzee might hold up a piece of straw or twig just to get you close enough to the cage and then may actually bite! Further, much documentation is present on the thief-like ability of Rhesus monkeys to steal from humans. One example is when food is placed in two boxes – one with bells and the other without, the monkeys consistently choose the one without. Researchers rationalize this as the monkey deciding that if it can hear the box moving, so can the humans. Finally, a group of dolphins at the Institute of Marine Mammal Studies in Mississippi were trained to pick up trash from their tanks in return for extra fish. One of the female dolphins was observed to actually hide some trash under one of the rocks in the enclosure for more fish later on. There were two more things that I wanted to tell you about for this issue – dealing with jet lag and anti-malarial drugs. As we

travel around the globe at this time of the year, I thought these both would be pertinent topics. Jet-lag. We've all heard the term. It is defined as a physiological condition which is caused by a disruption in our normal processes (called circadian rhythms). These disruptions can cause drowsiness, loss of appetite, headache, disorientation and even mild depression. Depending on the number of time zones crossed, it can vary in severity. The usual rule is that it takes one day per time zone crossed to adjust. Depending on the number of days that a trip lasts, just getting used to the time might take a large chunk of the total travel time. However, new research indicates that the total time that one experiences jet lag might be shortened considerably by a simply method: a food fast. Apparently, according to research conducted by Dr. Clifford Saper at the Beth Israel Deaconess Medical Center in Boston, suggests that we have a 'secondary' clock – similar to the one found in mice. In mice, this secondary clock responds not to light cues but to the presence of food. The area responsible for this behaviour has been pinpointed and is known as the dorsomedial hypothalamic nucleus. Due to our similarity to mice in other areas, it is hypothesized that this may result in an immediate acclimatization to a new time zone. This has real world applications not only for frequent flyers but also for individuals who work shifts and need to adjust their body schedule depending on what time of

the day they're working. Finally, in other travel related news – the approval of Coartem – an anti-malarial drug. In the United States, the FDA is on the verge of approving the anti-malarial drug Coartem, produced by the drug company Novartis. The company has sold nearly 200 million treatments in Africa, which it claims has saved the lives of 500,000 people. Each course costs 80 cents, which is apparently the cost of production. Up until now, the company has not registered the drug in the United States – mainly due to the lack of malarial cases. However, it is thought that under pressure from the government, it submitted an application to the FDA. A major factor was the \$1.2 billion of taxpayer's money that was being spent on it after 2005's President's Initiative on Malaria. A key factor that differentiates this drug from others such as chloroquine is that Coartem is taken after infection with malaria – not as a preventative drug. Therefore, travellers to tropical destinations such as Africa, India, Haiti, or Central America do not need to take courses of drugs before and during their trips which cause uncomfortable side-effects. If a traveller does experience the symptoms of malaria such as fever on the trip, one can start taking Coartem. There are even blood-testing kits available which show for sure whether or not one has malaria, as the symptoms can easily be confused with other sicknesses present in similar regions.

QUANTUM DOTS

Matt Strickland
Lambda Writer

Welcome back to Quantum Dots, Lambda's column on cutting-edge and entertaining advances from the world of science.

True Love Is...Real?

Here's a new word for your vocabulary: limerence. You don't hear it very often, but psychologists use it to describe the obsessive, intense emotional state that is characteristic of a new romance. At some point, you've probably even experienced it yourself. It's that pattern of persistent, intrusive thinking where you just can't stop thinking about your crush. It's that feeling of weakness and worry when that special girl walks into the room. It's what makes you claw over the four sen-

tences he said to you today in search of subtle messages or deeper meaning. But limerence is just a fleeting thrill. Scientists have shown that 15 months after the start of a new relationship, the limerant spark starts to fade and within ten years it is completely extinguished. Psychologists in the field have maintained that anyone still claiming to be in love 20 years down the road must just be fooling themselves. Now we know better. A group of researchers from Stony Brook University are reporting that some people do, in fact, experience true love—limerence that lasts for decades. The scientists used fMRI to compare the brain activity of new lovers to that of couples who had been together for more than 15 years. They found that one in ten long-time couples still had brain scans which reflected the initial excitement of fresh love. As

long as those little old couples keep the PDAs to a minimum, we're cool with that.

Beer and Steak: Together Is Better

In case you were looking for an excuse to combine beer and steak look no further. Researchers have shown that marinating meat in booze can significantly diminish the amount of carcinogens that make it into your stomach. Those carcinogens generally come from cooking the meat. The high temperatures associated with barbecuing, grilling, or frying the flesh can convert some sugars and proteins into a family of compounds called heterocyclic amines. These chemicals, when consumed, go on to cause stomach, pancreatic, colon, and breast cancer. To avoid transforming too much of your T-bone into cancer-causing chemicals, it has been suggested that meat be microwaved prior cooking or

pre-
pared by
stewing,
poach-

ing, or boiling instead. Now researchers are also saying that you can diminish the amount of heterocyclic amines by 90% simply by giving your meat a thorough beer bath. The belief is that by marinating in booze—and beer has been shown to be better than wine—prevents water-soluble molecules from reaching the surface where temperatures are highest. On top of the health benefits, the food scientists report that study subjects also preferred the taste, smell, and appearance steak marinated in beer. Looks like a win-win situation.

The Mammoth Will Rise Again

It's not quite Jurassic Park, but scientists are rushing towards the goal of reassembling the mammoth genome in hopes of resurrecting the prehistoric species. Mammoths roamed the Earth until about 10,000 B.C. with some isolated populations surviving well past that. Many extremely well preserved carcasses have been

found in arctic regions and—with improved DNA sequencing techniques—researchers have already figured out much of the code. A recent issue of Nature reports that a group from Penn State University has sequenced about 80% of the mammoth genome and is predicting the first baby mammoth will be born within 20 years. Although most of the ancient animal's DNA is broken up and ruined over time, researchers have found that the genetic material found in the carcass' hair can be in relatively good shape. Once the genome is completely established, elephants could be used as surrogate mothers for the baby mammoths. The well-funded project is important because the technology could help us save currently endangered animals as well as bring back many species which have only recently become extinct. Resurrecting dinosaurs remains a much more technically challenging task, but can it really be that far away?

Want to become part of the Lambda Writing Team?

Interested in gaining experience in Journalism? Want to extend your portfolio?

Well LAMBDA is looking for volunteer writers for the 2009 Winter Academic session. If you are interested in writing articles please e-mail lambda@laurentian.ca

Articles can be opinion, factual, event, or any other material you think the Laurentian University community would be interested in reading!

The Pub Downunder

2009 Hours

Stay tuned for the different events!

Wednesday 11:30am to 2am
Thursday 11:30am to 2am
Friday 11:30am to 2am
Saturday 9pm to 2am



3 x 3 Intramural Basketball: An event worth signing up for!

Becky Van Zeyl
Intramural 3x3
Basketball Convenor

Are you looking for something to do that does not involve opening any books? Do you like to play basketball and are interested in some friendly competition? Sign up for Laurentian University's annual Intramural 3 x 3 Basketball Tournament. There is a divi-

sion for everybody; Women's, Men's and COED. The tournaments will be held on February 2,(COED), February 4 (Men) and February 9 (Women), 2009 and each running from 9 pm until 12 am. Sign up your team today! If you do not have a team you can submit your name as an individual for consideration to be placed on a team. There is a minimum of 5 players on each team and it is only \$20 per team to participate.

Registration runs from January 12 to 16, 2009. Register your team in the Active Living Office. For more information visit the convenors at the promotion desk in the Ben Avery Foyer throughout registration week. There are lots of chances to win great prizes from our sponsors; Cranky Joe's, Gonga's Grill, Shopper's Drug Mart, Silhouette Skin Care, and many more! There will be a special event in each tourna-

ment for players to try and win other prizes in addition to the chance to win a prize just for registering! Good luck to all competitors we hope to see you out on the court! If you have any questions regarding this event, you can contact the Department of Active Living 705-675-1151 ext 1082 or 1018, or contact the tournament convenors at: rx_vanzeyl@laurentian.ca, hx_kilbreath@laurentian.ca" or mx_miller@laurentian.ca

Intramural COED
Volleyball is about to
Begin!

Jaimie Fewster
Intramural Volleyball Convenor

Intramurals may be coming to the end but the best Intramural sport has yet to come. Intramural COED Volleyball! Intramural COED Volleyball is a fun, exciting, and competitive volleyball league where participants experience team cohesion, positive atmosphere, experience social networking, and enjoyable physical activity. Intramural COED Volleyball will run this year every Tuesday and Thursday night from 9 pm to midnight from February 3- March 26, 2009. There are three Volleyball leagues available; competitive, semi-competitive, and recreational.

Registration is open the week of January 12- 16, 2009. To be eligible to play in Intramural COED Volleyball you must be a Laurentian University student. A team must consist of minimum 6-8 players and 2 women on the court at all time (3 women per team). Please register at the Department of Active Living office in the Physical Education Complex from 8:30 am-4:00 pm, Monday to Friday. There is a limit of 36 teams permitted, yet registration fills very quickly. There is a registration fee of \$20 per team.

So everybody come out and sign up because Volleyball will be a lot of fun and there are a lot of great prizes to be won. So remember to get your teams organized now so you will be first in line to participate in Intramural COED Volleyball this year! See you there!

Win a gold, get some ink - Vancouver tattoo artist to offer free inking for any 2010 Olympic medalists

Nikalas Kryzanowski
The Other Press
(Douglas College)

It's every Olympic hopeful's dream to make their mark in Vancouver 2010, but it's one tattoo artist who hopes to make his mark on them literally. Thomas Lockhart, of West Coast Tattoo in Vancouver, has designed over 200 Olympic designs for his shop and intends to offer a free Olympic inking to any medalist of the games. He says that the gesture is to provide Olympians with a lasting memento of

their experience at the games. Lockhart, who is also participating in the municipal elections in Vancouver as a candidate for Park Board Commissioner, says that he is not concerned about any potential copyright infringement disputes that might arise with the Vancouver Olympic Committee (VANOC). "Patriotic, memorial, and commemorative tattoos have been around long before the Olympics were even dreamed up. It's not like I'm using them to sell pizzas on Denman Street," said Lockhart in

reference to the struggle between the Olympia Restaurant and VANOC over the use of the Olympic rings on the restaurant's signage. While it remains unclear whether VANOC will take notice of Lockhart's designs, he doesn't believe that any dispute that might arise will get in the way of his bid for Park Commissioner. "If I have to give up my political dreams and aspirations to be an enthusiastic supporter of Olympic athletes, so be it," he said. If VANOC does express concern, it would be because they are legally

obligated by the International Olympic Committee to "protect the Olympic brand." VANOC's "Protecting the Brand" guide states that it and its government partners recognize the importance of ensuring that small businesses connect with Olympic-related business opportunities without resorting to "ambush marketing," which is described as "allowing a marketer to benefit from associating with the 2010 Olympic games without providing financial support for the games or the athletes."

Training Room,
Track & Sauna

Monday to Thursday ...6:00am to 11:00pm
Friday 6:00am to 10:00pm
Saturday 6:30am to 10:00pm
Sunday..... 7:00am to 10:00pm

Climbing Wall - TBA



Salle d'entraînement,
Piste et saunas

Lundi au jeudi 6 h à 21 h
Vendredi 6 h à 20 h
Samedi 6 h 30 à 20 h
Dimanche 7 h à 20 h

Mur d'escalade - à communiquer



January 2009

Jeno Tihanyi Olympic Gold Pool

Sunday- Dimanche	Monday- Lundi	Tuesday- Mardi	Wednesday- Mercredi	Thursday- Jeudi	Friday- Vendredi	Saturday- Samedi
					1 1:00pm - 3:00pm 6:00pm - 8:00pm	2 1:00pm-4:00pm
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Janvier 2009

Piscine d'or olym pique Jeno Tihanyi

A Spaniard and an Aussie play ball in Nanaimo

International student athletes talks about their transition to Vancouver Island University

Virginia Rayner

The Navigator (Malaspina University-College)

Banimb Mbappe and Fraser Thompson don't look out of the ordinary on a basketball team — both players tower above six feet, and they move well on the court. In fact, you wouldn't notice a difference until they speak.

A 19 year-old point guard, Banimb Mbappe was a last-minute addition by Vancouver Island University Mariners Coach Tony Bryce, who was keen to recruit the 6'3" player hailing from Girona, Spain, near Barcelona.

Mbappe got into the adult basic education program at VIU, and decided to come back to Canada after he spent a year on exchange in Parksville, B.C. playing for Ballenas Secondary School.

"I joined the basketball team there and after a good season some coaches from some universities start calling me to recruit me, and one of them was VIU. Coach Bryce was very interested and seemed really nice," Mbappe said. Mbappe originally came to Canada "to learn the language and travel around the world." He says he likes how quiet it is in Nanaimo, and how "everyone seems to be really nice."

"I guess it's true what they say about Canadians," he said.

The things Mbappe misses the most are hanging out with friends, and his mom's cooking.

"She is a very good cook," he said. His favourite home-cooked food is a Spanish rice called Paella, which is very common in Spain.

"It's delicious," he said.

The move has not been as difficult as it was during his earlier exchange, and he uses Skype and Facebook to stay in touch. "I'm having a good time, and I guess that helps me to not think too much about home."

When he isn't practicing or playing with the team, Mbappe says he likes to draw pictures of his friends and play video games. His favourite workout song at the moment is "What Happened To That Boy" by American rapper Birdman.

Mbappe says he got interested in basketball through his two older cousins who played, and through his uncle who was a coach. "I've always looked up to them and they inspired me to play . . . and they still help me to keep working hard on it."

He admits that soccer overshadows basketball in Spain, similar to hockey in Canada. But, he says he thinks "soccer in Spain and Europe is bigger than hockey in Canada." In the future, he hopes to keep playing basketball, possibly in the Spanish Basketball League (ACB-Asociación de Clubs de Baloncesto).

Mbappe is joined on the team by the 6'5" Fraser Thompson. Hailing

from Melbourne, Australia, Thompson is a former rugby fly-half converted to basketball forward.

Though Thompson was originally born in New Zealand, and is "still very proud" of his heritage, he says that beyond his fond regard towards the New Zealand All Blacks rugby team, he considers himself "an Aussie."

Thompson, having moved with his family to Melbourne in 1990, spent his fundamental years in the land of Vegemite and sunshine, both of which he says he misses. However, Thompson says he likes not being stuck in traffic for hours, and is looking forward to "the chance there might be snow outside."

The Australian forward says it's often difficult to phone home to friends and family, with a 19-hour time difference, but he communicates through e-mail and often gets "calls around midnight and [has] conversations half asleep."

He says his "parents' house is empty now," as his siblings have also moved out.

"I think they miss the company of us all," he said.

Thompson, 23, is in his first year of a business administration degree at VIU, majoring in management. The forward says besides working on offensive and defensive skills,

the growing camaraderie within the team is "really important if [they] want to progress through finals."

Beyond work and basketball, Thompson says he has had little free time, but loves "going to the cinema," and describes himself as a movie buff. Perhaps the most unusual thing about Thompson is his not-so-secret love of shoes.

"I have about 50 pairs," he said. "Mainly Nike Airmax and Air Force Ones. My favourite pair [are] my Reebok Pumps."

Contradictory to his love of hip-hop style shoes, Thompson says he "might be the only person in Canada not into hip hop and rap," preferring bands like Black Sabbath.

"Their song 'Iron Man' really gets me going before games. I will sing it and get it into the other guys' head[s]. They probably want to kill me after that."

The transition from rugby to basketball hasn't always been an easy one, as Thompson says that even though he doesn't "go around beating people up," he gets frustrated when he gets hit.

"I sometimes have the urge to tackle someone. That's probably the best thing about rugby; if you get upset, you can just hit someone. In basketball, it's hard to find a release for any frustration," he said.

Barring an invitation to join the All Blacks, however, Thompson says he's finished playing rugby.

"I feel beat up after a basketball game," he said. "I don't think I would last a rugby match anymore."

Though he would accept an All Blacks position, he says it's "not because I like rugby more than basketball, but because the All Blacks mean so much to anyone born in New Zealand. Luckily, I would never get picked, so I'll stick with VIU."

In the future, Thompson hopes to sneak in one year of playing professional basketball in Australia, if only to say that "once my job was to just play ball." Though he admits, in 10 years, he'll probably "be retired from basketball, working a desk job with a pot belly."

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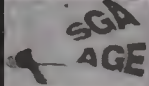
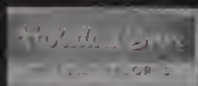


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Bibles aim to be hip with the kids

Theologists debate merits of modernized religious texts

Nathan Swyers

The Satellite (Mohawk College of Applied Arts and Technology)

They're hip, they're glossy, and they're reaching out to a slightly different generation of worshippers.

While these modern renditions of the King James Bible aren't direct translations, they may be reaching audiences that the traditional text may have never attracted.

One version, The Brick Testament, is a series of short, hardcover books. On the cover, biblical scenes are illustrated using Lego blocks, put together entirely by Reverend Brendan Powell Smith. Actual block sets are also available, which the website promises are made of "the finest Danish plastic."

When it comes to a religious text, re-packaging and translating the content can be a touchy subject, and some critics aren't sure it's always a good idea.

"There are plenty of those

kinds of versions around, and it's always a tricky question," said Stephen Westerholm, a religious studies professor at Hamilton, Ontario's McMaster University. "It's a fine line where, how much freedom one should allow oneself?" Some modern interpretations take that freedom even further, like Pastor Craig Gross and his Jesus Loves Porn Stars Bible.

Gross, from the XXXChurch, visits pornography conventions everywhere to promote his provocative anti-pornography website.

Bill Mallick, national church director of the Christian group Alliance, says he supports what Gross is doing.

"I have been involved in working with church plants and the planting of hundreds of churches over the last 30 years of my life. This project, StripChurch and XXXChurch, excites me probably like no other," said Mallick in a video interview at the website.

"It's what Jesus Christ would have done, reaching people,

reaching a society that a lot of us don't want to touch, a lot of us don't want to reach into. That's what we want to be committed to."

Ted Sears, the national director of the Canadian Bible Society, says as long as the meaning stays the same, it's important to reach the different audiences today.

"God's word originally was given in the common language of the day to reach common people, so really the King James Bible is a version of what Jesus did because it was using high English which the commoners didn't understand," said Sears.

"Today we have modern versions which try and break that barrier. As long as the text is accurate and true to the closest we have to original manuscripts. As long as those ideas are conveyed, I don't have a problem with that."

Sears admits that sticking to the original message can be tricky, especially when some variations go as far as the Porn Stars Bible or The Manga Bible, which depicts



Jesus as a superhero-like figure.

"We have to look at intent," said Sears. "For me, one of those issues would be: are we taking the masculine pronoun out of God? I think that would be something, to me, I would be very uncomfortable with."

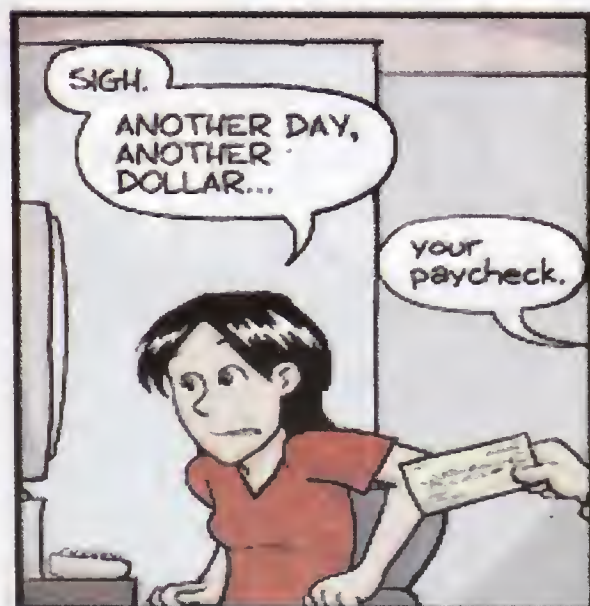
Since many words in the original Hebrew and Greek texts have no direct translation to English, Sears says

even traditional texts may sometimes stray from the intended meaning, but they "try to be true to the text, but at the same time understand that language is very complex."

"English isn't word-for-word translation," he said. "Unfortunately, we treat English versions over here as the most accurate, and we have to measure up to it, which isn't true at all."



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